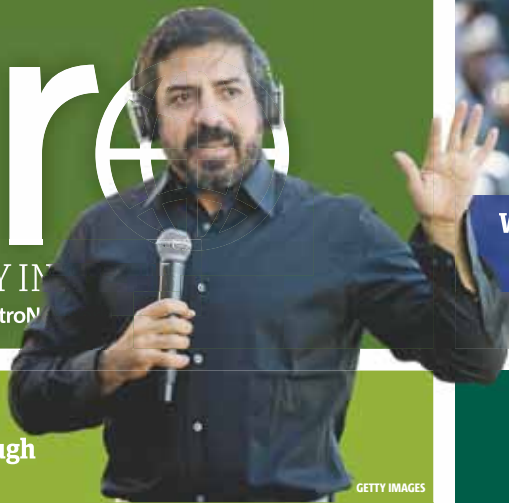


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What do Mets do with Syndergaard, Wheeler after Stroman trade? 20

Sunset Park cyclist becomes 18th city fatality. 8-9

CLASSICAL COMPOSER

Murray Hidary takes you on a "Silent Walk" through Brooklyn Botanic Garden. 16-17

20 QUESTIONS



Marianne Williamson



Bernie Sanders



John Hickenlooper



Steve Bullock



Tim Ryan



Elizabeth Warren



Beto O'Rourke



Pete Buttigieg



Amy Klobuchar



John Delaney

Voters will once again get to see all 20 presidential candidates — split over two days — make their case to be the Democratic nominee. Metro fills you in on what you need to know. 4-5

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THINGS TO KNOW

The Never Forget the Heroes Act approves federal funding through 2092.

Calling emergency first responders “heroes,” President Donald Trump on Monday signed into law a measure authorizing permanent benefits for police, firefighters and others suffering from illnesses connected to their work reacting to the Sept. 11, 2001 attacks.

The legislation, known as the “Never Forget the Heroes Act,” approves federal funding through 2092 for an estimated 18,100 people who are likely to qualify for benefits, according to government estimates.

First responders who rushed to the site of the World Trade Center’s twin towers in New York following their destruction in the Sept. 11 hijacked plane attacks, and others who worked for months cleaning up, were exposed to toxic chemicals despite early government statements that the site was safe.

The fund compensates those people, or their relatives if they have since died, for economic and other losses. Trump hailed the men and women who rushed to the site in hopes of rescuing survivors and finding remains of victims.



REUTERS

“I was down there also, but I’m not considering myself a first responder, but I was down there.”

Donald Trump

“Today we come together as one nation to support our September 11 heroes, to care for their families, and to renew our eternal

vow: never, ever forget,” Trump told a crowd at a ceremony in the White House Rose Garden, which he said included more than 60 of the first

responders.

Without the legislation, passed in the Senate last Tuesday, victims would have seen reduced benefits because of a lack of funding.

The attacks on the United States using four hijacked planes killed more than 2,900 people and injured over 6,000. Of those, more than 2,600 people were killed in New York.

The former New York businessman said he visited the World Trade Center site in the aftermath.

“I was down there also, but I’m not considering myself a first responder, but I was down there,” Trump said.

The remark drew the ire of some Twitter users who recounted Trump’s comments at the time on the towers’ destruction, including one

on WWOR-TV about a 72-story building he said he owned in Lower Manhattan — “and now it’s the tallest.”

Lawmakers attended the ceremony along with former New York Mayor Rudy Giuliani, who was in office at the time of the attacks and was praised for his leadership then. Giuliani is now an attorney for Trump.

REUTERS

Two US service members killed in Afghanistan

2 Two U.S. service members were killed in Afghanistan on Monday, the NATO-led Resolute Support mission said in a statement, as the United States seeks to reach a negotiated end to the nearly 18-year-old war. It gave no further details and withheld the names of the service members until next of kin were informed. The incident brings the number of U.S. troops killed in Afghanistan this month to three and at

least 11 in 2019. A U.S. official, speaking on the condition of anonymity, said that according to initial information it was a “green-on-blue” attack. Insider attacks, often known as “green-on-blue” attacks, in which Afghan service members or attackers wearing Afghan uniforms fire on U.S. or coalition troops, have been a regular feature of the conflict in Afghanistan, although their frequency has diminished in recent years. **REUTERS**

Canadian air force in search for fugitive murder suspects

3 The Canadian air force has been called in to northern Manitoba, where two teens suspected of three murders were thought to have been last seen, police said on Monday, as the chase entered a second week. Kam McLeod, 19, and Bryer Schmegelsky, 18, were believed to have been seen on Sunday outside York Landing, a community of fewer than 500 people, 55.92 miles south of Gillam, Manitoba, where search efforts were

previously concentrated. The sighting is believed to be the first one in several days of the two, who were first reported missing on July 19 in British Columbia, but were later described as suspects in the killing of Chynna Deese, a 24-year-old American, and her Australian boyfriend, Lucas Fowler, 23. Police charged McLeod and Schmegelsky last week with second-degree murder in the death of Leonard Dyck, 64, a Vancouver botany professor. **REUTERS**

16 Decapitated as over 50 killed in Brazil prison riot

4 At least 52 inmates died, with 16 decapitated, in a prison riot on Monday in the northern Brazilian state of Para, the state’s prison authority said, underlining the struggle Brazil’s far-right government faces to restore order in the country’s jails. State authorities said the riot began at around 7 a.m. on Monday in a prison in the city of Altamira, and involved rival criminal gangs who took at least two penitentiary officers

hostage as they battled one another. Videos circulating online showed inmates celebrating as they kicked decapitated heads across the floor. Reuters was unable to independently verify the footage. Endemic prison violence serves as a reminder of the ongoing public security challenges President Jair Bolsonaro faces in one of the world’s most violent countries. The grisly riot is the latest deadly prison attack this year. **REUTERS**

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NEWS



Democratic presidential candidates take part in the first night of the Democratic presidential debate on June 26, 2019.

What to expect from this week's Democratic presidential debates



Twenty candidates will compete for airtime — and meme likes.

MICHAEL MARTIN
letters@metro.us

Twenty candidates will face off in the second Democratic presidential primary debate in Detroit this week: half on Tuesday and half on Wednesday. The debates will air on CNN at 8 p.m.

Here's some of what to expect

A Biden-Harris rematch. The most viral moment of the first round of debates came when Sen. Kamala Harris attacked former Vice President Joe Biden about his failure to support school busing in the '70s. Biden seemed taken aback then but may be looking to return fire. "I'm not going to be as polite this time," Biden said at a Detroit fundraiser

last Wednesday, according to Politico. "Because this is the same person who asked me to come to California and nominate her in the convention."

"I'm not going to be as polite this time. Because this is the same person who asked me to come to California and nominate her in the convention."

Joe Biden

A more prepared Biden. The former vice president was criticized by many for seeming as

if he hadn't done his homework and for coming off as awkward and passive, at one point cutting himself off by saying, "My time is up." Some contend that his performance reflected exactly that. But Biden held on to his first-place standing in the polls, and he's been hinting he'll be more aggressive this time around. That could mean fireworks or — given Biden's propensity for gaffes — more Maalox moments for his advisers.

Sanders vs. Warren. Progressive heroes Sens. Bernie Sanders and Elizabeth Warren will share a debate stage for the first time on Tuesday. They're largely competing for the same bloc of voters and could drive the evening's discussion of progressive stances on Medicare for All, free college tuition and immigration even further left. But the moderate Biden won't be pressed to respond; he's debating on Wednesday.



GETTY IMAGES

Booker tries to break out

Sen. Cory Booker had a solid but unremarkable performance in the first debate, in which he was part of the solid but unremarkable first evening. In the second debate, he's going head-to-head with Biden and has challenged the former VP directly in the last few days, attacking Biden's role in the 1994 crime bill; Biden volleyed back, criticizing Booker over stop-and-frisk policies during his time as Newark mayor. Look for Booker to aim for his own "T-shirt moment." (Minutes after Harris slammed Biden over school busing, her campaign started selling T-shirts printed with a childhood photo of Harris waiting for the bus.)

More denunciations of Trump's racism

Since the first debate, President Trump has ratcheted up his re-election strategy of racial division, telling four freshman congresswomen of color that they should "go back" to where they came from instead of criticizing his administration, and calling Rep. Elijah Cummings' hometown "rodent-infested" and tweeting that Rev. Al Sharpton "hates whites and cops." The Democratic candidates will likely try to score points early with buzzy condemnations.

Tuesday's lineup

Marianne Williamson
John Delaney
John Hickenlooper
Tim Ryan
Steve Bullock
Amy Klobuchar
Beto O'Rourke
Pete Buttigieg
Elizabeth Warren
Bernie Sanders

Wednesday's lineup

Jay Inslee
Kirsten Gillibrand
Tulsi Gabbard
Michael Bennet
Bill de Blasio
Cory Booker
Andrew Yang
Julian Castro
Kamala Harris
Joe Biden



Some "Hail Mary" moves

The field will almost certainly be winnowed before September's debate, and low-polling candidates may resort to flame-throwing in a last attempt to get some traction. According to the Real Clear Politics average of polls,

13 of the Democratic presidential candidates are polling at or below 2 percent as of July 28. The rest are Biden (30.3 percent), Sanders (15.3 percent), Warren (14.7 percent), Harris (10.7 percent), Pete Buttigieg (5.7 percent), Andrew Yang (2.3 percent) and Beto O'Rourke (2.3 percent).



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State decriminalizes pot, stops short of Cuomo's legalization call

The governor says it's another step toward clearing convictions.

The state on Monday decriminalized recreational

marijuana use, meaning possession of small amounts of the drug will be punished with fines rather than jail time, a step short of Gov. Andrew Cuomo's goal of legalizing pot.

Cuomo said the measure would also allow a mechanism for clearing the records of people who had been criminally convicted of possessing small amounts of marijuana.

Eleven U.S. states plus

the District of Columbia have fully legalized recreational marijuana use since Colorado first did so in 2014, according to the Marijuana Policy Project lobbying group. Another 15 states including New

York have decriminalized it.

"By providing individuals who have suffered the consequences of an unfair marijuana conviction with a path to have their records expunged and by reducing draconian penalties, we are taking a critical step forward in addressing a broken and discriminatory criminal justice process," said Cuomo.

including New York City's troubled subway system, which is desperately in need of major repairs and upgrades. A state report at the time estimated the legal market for marijuana at between \$1.7 billion and \$3.5 billion annually.

Up to \$3.5B

A state report estimated the legal market for marijuana at between \$1.7 billion and \$3.5 billion annually.

New York lawmakers' efforts to legalize marijuana collapsed in June amid disagreement among Democrats on how to regulate the industry, prompting the introduction of the decriminalization bill.

Marijuana remains illegal under federal law. During the administration of former President Barack Obama, the U.S. government largely permitted states to determine how to handle the issue on their own, but the Justice Department under President Donald Trump has allowed prosecutors to enforce federal law even in states where marijuana is legal. **REUTERS**

"We are taking a critical step forward in addressing a broken and discriminatory criminal justice process."

Gov. Cuomo

The Democratic governor said in December that legalizing recreational marijuana use was one of his top legislative priorities for 2019. He argued that revenue from taxing the drug could help address a number of needs, in-

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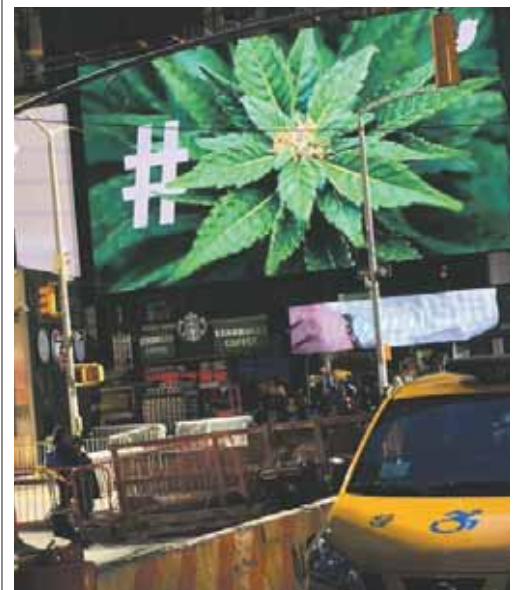
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An electronic billboard displays a marijuana hashtag at Times Square. **REUTERS**

Doctors Urge Knee Pain Sufferers

“Don’t Get ANY Surgery Until You See This...”

After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best “Treatment Formula” For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going to be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

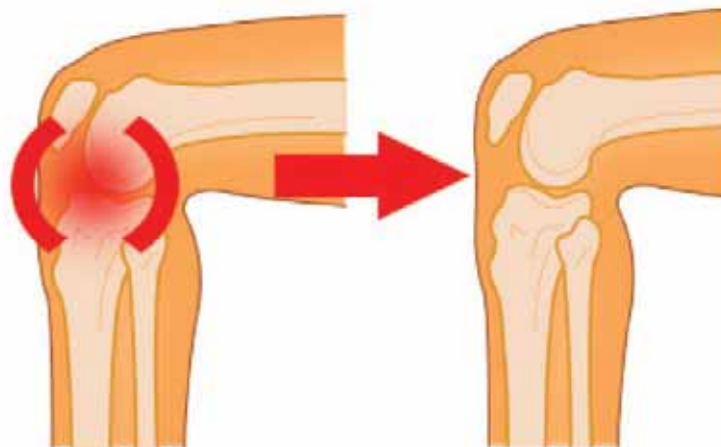
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: **PATIENT SELECTION.**

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help



NYC Pain MD “Treatment Formula” A protocol of advanced medical treatments that has already helped thousands.

you find the right doctor for you.

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- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you **MUST KNOW...**

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these “gel injections” without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patient. And we have all these treatments

offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our “Treatment Formula.”

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Sunset Park cyclist killed in collision with tractor trailer

It's the 18th city cyclist death so far this year.



MORGAN ROUSSEAU
morgan@metro.us

A Brooklyn cyclist was killed Monday morning as he swerved to avoid a parked car's opening door in Sunset Park.

The 30-year-old man's death marks the 18th cyclist fatality in New York City this year, and the 13th in Brooklyn. This latest deadly crash comes as concern mounts over a startling spike in cyclist safety, and days after the city unveiled a \$58 million plan to make NYC a safer place for bike riders.

Monday's cyclist death was the third in a week-

long period. Two people were killed while riding bikes on July 23, one in Brooklyn and another in Queens. Last year saw 10 cyclist deaths in total.

Police said the Sunset Park cyclist, who as of deadline had not been identified, was struck by a tractor trailer as he swerved around an opening car door at about 9 a.m. Monday. He was heading north on Third Avenue near 36th Street — an area which reportedly has no bike lanes. No arrests were announced.

NYPD came under fire Monday after a police spokesperson reportedly told local media that "it's not a crime to open your car door," later clarifying that they were "joking around." New York bike

law states that "it is illegal to get out of a vehicle in a manner which endangers cyclists," often referred to as "dooring."

"Really @NYPD? Your spokesperson is joking about the death of another cyclist. Classic," remarked one New Yorker on Twitter. Outrage over a lack of safe bike lanes in New York City has been a prominent issue in the citywide discussion over cyclist protections.

The city's new plan, called "Green Wave: A Plan for Cycling in New York City," addresses the need for bike lanes. It includes an accelerated build-out of citywide protected bike lanes, as well as amped-up NYPD enforcement of crash-prone intersections, and 80 new staffers and new legisla-

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Eighteen cyclists have been killed so far in NYC in 2019.

GETTY IMAGES

tion.

The 18 bicyclist fatalities so far this year represent the highest number through July of any year since the launch of Vision Zero five years ago. Nine of the 2019 fatalities have involved cyclist interactions with trucks.

NYC Councilmember Carlos Menchaca, who represents Sunset Park, addressed the incident Monday, saying, "This crisis is real and mounting."



Mayor Bill de Blasio
@NYCMayor

Tragedy in Sunset Park today. An investigation is underway.

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MGAHD-1901

Teen identified as gunman at California food festival

President Trump described Santino William Legan, 19, as a "wicked murderer."

California police were searching on Monday for a suspected accomplice of the gunman who killed three people, including a 6-year-old boy, in a mass shooting at a food festival south of San Francisco.

The gunman was shot dead by police officers within minutes of opening fire early on Sunday evening at the three-day Gilroy Garlic Festival, about 30 miles southeast of the city of San Jose.

He was identified as Santino William Legan, 19, according to CBS News and NBC News, both citing unnamed law enforcement officials. The Gilroy police department declined to



People look on from near the scene of a mass shooting during the Gilroy Garlic Festival in Gilroy, California. REUTERS

confirm the reports but planned to hold a news briefing later on Monday.

Among those killed was a 6-year-old boy, according to news reports. Fifteen people were injured, but it was unclear how many were shot or otherwise hurt in the crush of bystanders trying to flee, according to police. One person was in critical condition, a hospital spokeswoman said.

President Donald Trump described the

gunman as a "wicked murderer" and asked people to pray for the victims during an event at the White House.

"We grieve for their families, and we ask that God will comfort them with his overflowing mercy and grace," he said.

A second suspect "was involved in some way, we just don't know in what way," Gilroy Police Chief Scot Smithee said late on Sunday, without giving

further details.

"We have no idea of a motive," he said.

Police recovered a rifle at the scene, Smithee said.

The gunman cut through a fence to evade metal detectors and other security at the festival entrance, police said.

Legan, the teenager identified in news reports as the gunman, appeared to post a photograph from the festival on his Instagram account shortly before the shooting accompanied by disgruntled captions. The account only appeared to be a few days old, and was deactivated at some point on Monday morning.

"Ayyy garlic festival time," he wrote in the caption to the picture of people walking through the festival grounds. "Come get wasted on overpriced s—t." REUTERS

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Trump issues full pardons for five convicted criminals

President Donald Trump issued full pardons on Monday for five criminals who served sentences on charges including drug trafficking, weapons sales and illegal gambling, the White House said in a statement.

It cited the men's acceptance of responsibility for their crimes and the community service or charitable work each has performed since their release.

The individuals were John Richard Bubala, Roy Wayne McKeever, Rodney Takumi, Michael Tedesco, and Chalmer Lee Williams. All were convicted of their crimes more than 20 years ago.

Bubala pleaded guilty to improper use of federal property for transferring auto equipment to the town of Milltown, Indiana. McKeever was convicted of using a telephone to distribute marijuana.

Takumi was arrested while working at an il-



GETTY IMAGES

legal gambling parlor. Tedesco was convicted for drug trafficking and fraud stemming from a drug crime. Williams, an airport baggage handler, was convicted of crimes related to theft of firearms from checked luggage.

"After a careful review of the files of each of these individuals, President Trump has concluded that each are [sic] entirely deserving of Executive Clemency," the statement said.

The full pardon restores the men's right to vote and the right to bear arms.

Trump also commuted the sentences of two people, including Ronen Nahmani, a nonviolent first offender with five young children at home and a wife with terminal cancer, the White House said.

Nahmani had been convicted of possession of synthetic cannabinoids with intent to distribute. He was accused of operating a business importing the drugs from China and Hong Kong and selling them throughout the United States.

His release was supported by lawmakers from New York U.S. Rep. Hakeem Jeffries to Republican Congressman Mark Meadows, it said.

The other commutation involved Ted Suhl, an Arkansas man accused of participating in a bribery scheme to boost Medicaid payments to his company, which operated faith-based behavioral health-care treatment centers for juveniles. REUTERS

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Don't hide your legs this summer because of **varicose veins**

METRO STAFF
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Sitting poolside or making plans to hit the beach should be your biggest priority during the summer. With that, you should not feel hesitant when shedding some layers in order to go swimming or lay out in the sun. While many of us hope to get in shape to look our best, some of us have a tougher time in fear of exposing the varicose veins on our legs. The Advanced Varicose Vein Treatment Center in Manhattan offers a few different treatments to

help you clear up any of the discoloration on your legs to get outside this summer.

Varicose and spider vein treatment

Most people usually think of the sprawling varicose-vein clusters, known as spider veins, as more of a cosmetic problem. Many people do not realize that they can cause uncomfortable symptoms like achiness and swelling in your legs. If you are thinking about putting off procedures to fix this problem, you should know that Advanced Varicose Vein offers minimally invasive

procedures that require little or no downtime afterwards to get you out the door and sunbathing. The center can combat these spider veins with innovative techniques using both lasers and radiofrequency energy that can knock out varicose veins for good.

VeinGogh

VeinGogh is one of the most noninvasive options for patients wanting to regain the clear complexion on their legs. VeinGogh uses microbursts of focused energy to destroy those damaged veins without hurting surrounding veins and nearby

tissue. After the procedure, blood is rerouted to healthier nearby veins for better and more healthy-looking legs. This procedure will eradicate spider veins for good with minimal risk and absolutely no downtime afterward.

VenaCure EVLT

For the laser option, VenaCure EVLT is a minimally-invasive treatment for removing varicose veins. The procedure uses a thin laser that targets the affected vein,



Dr. Ronald Lev, M.D.

heating it so much to cause the veins to shut completely. Once they are shut, that blood is rerouted to healthier veins nearby. Like VeinGogh, the procedure is

also a permanent way to get rid of varicose veins and spider veins. The procedure is quick, only taking around an hour to complete, with only a minimal amount of discomfort and no downtime.

For more information on both of these procedures, and others, head over to

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This story was written in partnership with Advanced Varicose Vein Treatment Center of Manhattan.

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	7		3		6	1		
	3	4	1	5				
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MEDIUM

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HARD

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READER WRITE-INS:

DOLLAR STORE CONDIMENTS

Why do jars of condiments you buy in the dollar store and supermarket have such large holes in the cap? One shake and half the contents of the bottle pour out onto your food. I think these companies do this on purpose so you use more product, faster. What a waste!

— Carolyn, Metro Philly reader



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Aries Focus on personal gain, improvement, and physical fitness and health. Don't worry about what others think, say or do. Your life, your choices, so take control.



Taurus Think matters through. If you take action before you consider the consequences, you will have to backtrack. Formulate your ideas and plans, and leave nothing to chance.



Gemini Don't trust anyone asking for too much. If you reveal too much information, it will be used against you. Focus on physical improvements, personal gain and what really matters to you.



Cancer A vital partnership will take a positive turn if you are willing to make a couple of innovative adjustments. Observation will reveal what's necessary and what's superfluous.



Leo Assess the changes going on around you and consider your options. Don't be too quick to make a move until you know you have something else to do that will fill your time.



Virgo If you crave a change, do something about it. Don't wait around for someone else to make the first move. Discuss your plans and put them in motion.



Libra The past will have something to tell you about your present. Learn from experience and take action instead of waiting to see what happens. If someone blocks you, choose a different route.



Scorpio Approach change with intelligence. Do your research and don't feel the need to follow the crowd. Be innovative and come up with your own plan.



Sagittarius You'll have options when dealing with matters that could affect your personal life. Aim to save money, not to spend it, and walk away from impulsive people or unsound situations.



Capricorn A change at home or in an important partnership is best handled with care. Listen to suggestions and try to accommodate the people you love or want by your side.



Aquarius An opportunity may have strings attached. Weigh the pros and cons before you decide to take a leap of faith. Your actions should be direct, consistent and from the heart.



Pisces Interact with people who are heading in the same direction as you. Trying to convince a skeptic will be a waste of valuable time that should be used to accomplish your goals. EUGENIA LAST

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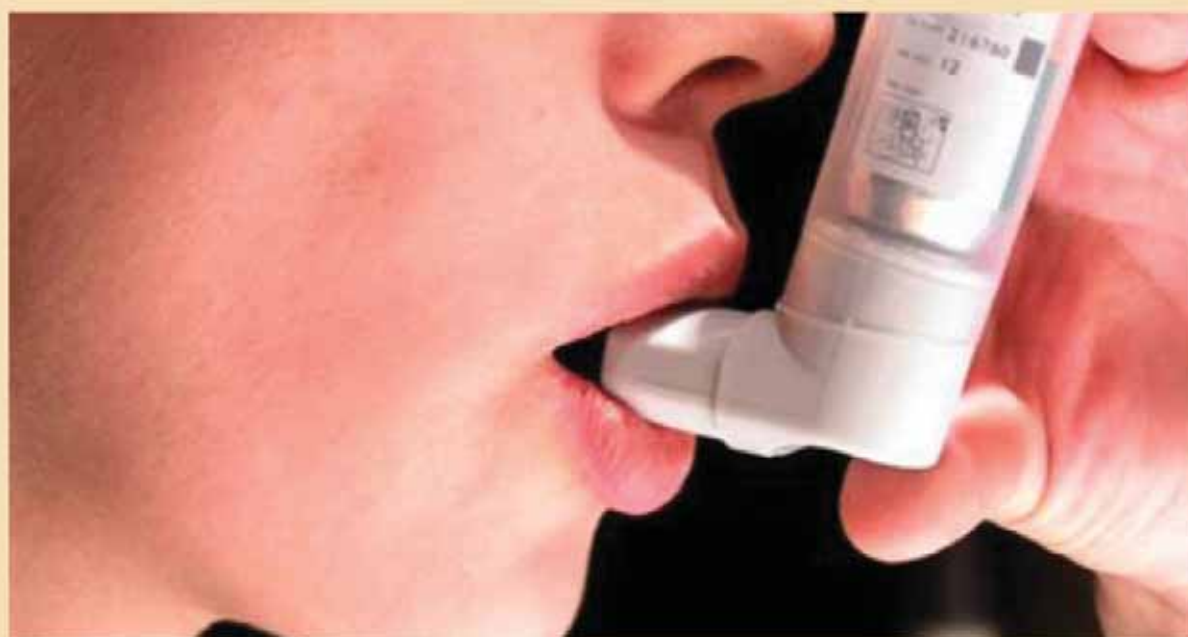
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Classical composer Murray Hidary will take you on a transformative journey through Brooklyn Botanic Garden

The composer will be performing his "MindTravel: SilentWalk" in Brooklyn tonight.



PAT KING
patrick.king@metro.us



Hidary will be in Brooklyn tonight. ALL PHOTOS MEGAN BENNETT

They say if you take away one of your senses that you will be able to pay more attention to the ones that have been left undisturbed. Activities like blind dining and silent discos have become increasingly popular all over the world because they help create experiences that allow those who attend to be more present and in-the-moment than they would be without these restrictions. Classical composer and entrepreneur Murray Hidary understands the value of inhaling as hard as possible when you are stopping to smell the roses, and that is

exactly what inspired him to create his one-of-a-kind "MindTravel: SilentWalk" performance, premiering tonight in the Brooklyn Botanic Garden.

Hidary created his "MindTravel" events back in 2014 as a way of taking music out of stuffy concert halls and into nature so that the audience can use it to connect with their

surroundings on a deeper level. For this event, audience members are given wireless headphones at the Cherry Esplanade and will listen to a curated series of Hidary's original compositions. With no speaking allowed, the audience will be guided on a meditative walk through the Rose Garden into the Japanese Garden by Hi-

dary, where they will find the composer sitting at a grand piano set up on the island in the center of the garden.

"The intention behind all of the formats that I do is always really to create the space through these different MindTravel experiences for people to drop in deeply and connect internally and with

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each other," explains Hidary. "The main purpose for doing it with the headphones is that you can have this very intimate, individual experience and then as we transition to the live part, that's also going to be in headphones because the acoustics in any outdoor venue are never great, so it's more the visual of the grand piano. Then you'll be able to continue walking the path around the lake in the loop and the reception of the headphones will reach the entire lake."

After Hidary has shown the audience the possibility of using music to create a connective and therapeutic experience, they will be free to engage with his performance however they wish for the rest of the night. According to the composer, this kind of active and rejuvenating experience is what he had envisioned after starting his first MindTravel events five years ago.

"For me, I love doing concerts in beautiful and acoustically great theaters," says Hidary. "But

there is a limit to it. When I do theaters — and I do them frequently — there I can really transport people because you can control every element from lighting to acoustics and everything. But the real impetus for doing it this way was, I wanted to connect the participants with nature. That's where the



Murray Hidary.

idea for the headphones really came from. In order to give people a really great acoustic experience, I really wanted them to feel surrounded. Having an acoustic instrument in an outdoor setting never sounds great, even if you amplify it. There's nothing to hold or contain the

sound and make it feel intimate. The first one was walking the beach in Santa Monica, that iconic spot. I just had this visual of hundreds of people on the beach listening live. If you have a big rock band, you can overwhelm the audience with sound through amplification, but the subtlety of piano is much harder to convey in that setting. So I visualized in my mind the whole audience wearing headphones."

Hidary's "Silent-Walk" and "Silent-Hike" tour will be hitting 20 different cities this summer. Make sure to check it out tonight at Brooklyn Botanic Garden.

"The Botanic Garden has always been a very special place for me throughout the years," says Hidary of tonight's performance. "So, I'm really delighted to bring this experience there on such a deep level."

Brooklyn Botanic Garden; two performances, 5:30 p.m. & 6:45 p.m. (pick up headsets on Cherry Esplanade); free with Garden admission.



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Going global JOHANNA ORTIZ

The Colombian designer universalized the "Tulum" top and a new concept of femininity through boleros, but she constantly reinvents herself.

MONICA GARON, MWN

A global, contemporary Caribbean. Elegance through movement and the bolero, a pattern that she may have not invented but most definitely universalized, reaching the pages of Net-a-Porter with Sarah Jessica Parker in "The Edit," Lily Collins in Cannes and other celebrities who have surrendered — as well as the most important fashion magazines worldwide — to that femininity that is not exotic, but which brings a sophisticated "Latinity" and a sensuality favoring any body type with an explosion of reinvented tropicality. One

where prints and volumes evoke romanticism and sophistication.

The creator of all this is Johanna Ortiz, the most important Latin designer of world fashion today — so much so that she now shows her collection from Paris. But the last one, where she reinvented herself through textiles and the exploration of other materials and silhouettes, such as leather and mini-dresses, she showcased at Colombia-moda 2019.

Her 2020 Cruise collection, called "Caprice," contained a story that shaped the spirit of a



spontaneous, adventurous and risky woman through 65 looks that described the brand's cheerful, sophisticated and tropical identity.

The designs delighted with their volume and

movement that identifies the designer; their traditional flow and, on this occasion, wide sleeves, which were the main feature of the show. Metro chatted with the designer about her show, her

creative line and where she wants to go after the "Tulum" top that made her so famous.

What does it mean for you to be on the map of world fashion?

It makes me proud to know that Colombian fashion is occupying an important place. Having been a pioneer fills me with pride, because I see more and more Colombian talent on the world fashion stage. Together with my team, we are pleased to bring some of Colombia to the world with "Made in Colombia With Love."

Why do your designs have that flamenco air typical of southern Spain?

She is more of a festive, elegant woman with a Latin swing ... and obviously with world vision. The flowy dresses, the boleros, the bare shoulders are elements that this woman likes to wear with sophistication and sensuality.

How would you describe the Tulum top?

The Tulum top, you could say, is a basic with a "twist." It was inspired by

men's shirt fabrics and it shows off the shoulders, the most feminine and sexy part of a woman, for me. The truth is, its name refers to something that will always be very close to my heart.

Why do women travelers inspire you so much?

Diana Vreeland said that "the eye has to travel." The eye is an extension of life and what better way to live than with discovery trips. Seeing, understanding and respecting cultures makes me connect with my creative side.

What is the collection presented at Colombia-moda inspired by?

There were many things: the "borracheros," this flower that is seductive and dangerous; the work of Ellsworth Kelly; our clay pots from the Chamba; and a South American joie de vivre.

Who is the woman that Johanna Ortiz dresses?

The Johanna Ortiz woman is feminine, festive, elegant and effortless. She likes to enjoy life. I think that is her best description.

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Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments...* especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will

help every case of back pain.

And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequency Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

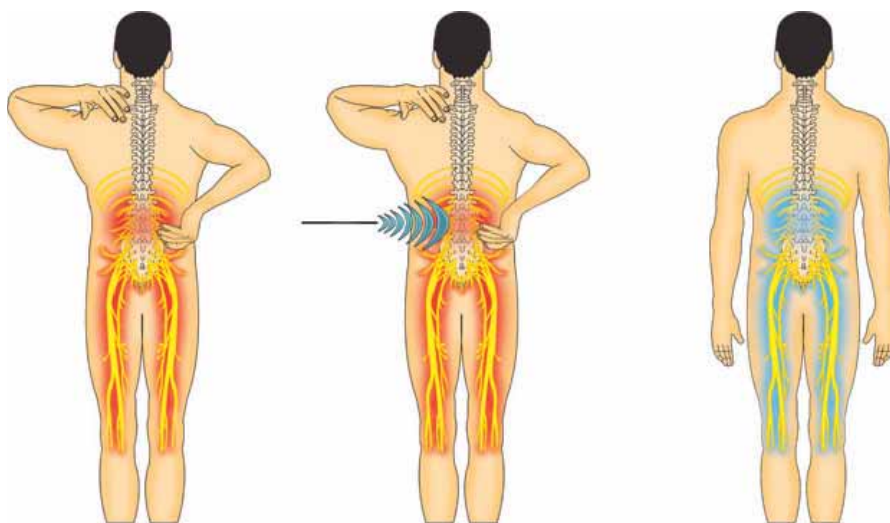
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months... 18 months for some and some even longer. The great news is - another procedure can be safely performed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgery-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the NYC Pain MD treatments can be done in out in-office procedure suites saving you stress, time and dollars. NYC Pain MD believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every

month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at NYC Pain MD. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

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SPORTS

The futures of Noah Syndergaard and Zack Wheeler are still very much in the air.



JOE PANTORNO
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The New York Mets are keeping their fans and the baseball world in limbo after Sunday's blockbuster acquisition of Toronto Blue Jays ace Marcus Stroman.

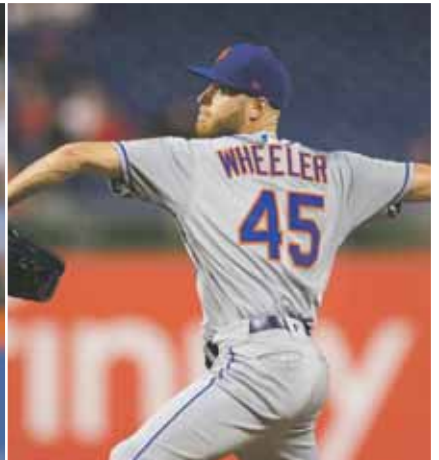
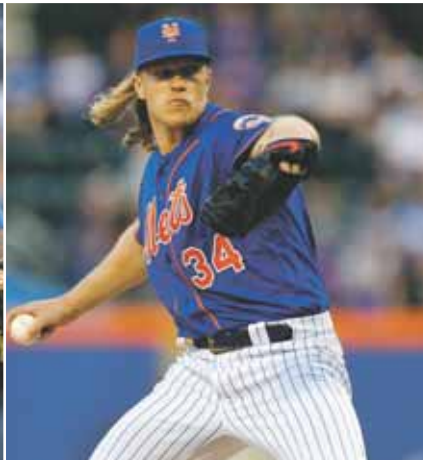
Following a sweep of the Pittsburgh Pirates and a 10-5 start to their second half, the Mets are six games out of a National League Wild Card spot. Having already overtaken four teams in the standings since July 12, an easier remaining schedule offers the possibility of the owning Wilpon family to push off rebuilding a little while longer.

The problem is, no one other than General Manager Brodie Van Wagenen and the Wilpons knows what the plan is moving forward.

Do they want to make a playoff push in 2019?

While they've made plenty of progress in the standings, there are seven teams above the Mets from the top of the Wild Card table.

What will Mets do moving forward with Stroman in fold?



The Mets currently have a rotation featuring Marcus Stroman (left), Noah Syndergaard (center) and Zack Wheeler (right). GETTY IMAGES

That's an awful lot to overcome in two months, but crazier things have happened in baseball.

If they are going for it this season, expect the Mets to hold on to Noah Syndergaard and Zack Wheeler past July 31. Both right-handers have been constants on the trade market this summer as contenders continue to swirl around the Mets' rotation.

Wheeler was initially the favorite to get dealt this summer with unrestricted free agency awaiting this winter. However, he's taken a backseat to Thor recently.

Syndergaard has been heavily linked with the San Diego Padres, a franchise deep with young

talent. Center fielder Manuel Margot has reportedly caught the eye of the Mets but a package would have to include much more than just him. The 24-year-old is slashing .246/.319/.385 — not exactly an overwhelming return for a pitcher of Syndergaard's caliber.

The chances of them staying increased on Monday night when the Mets sent Jason Vargas to the Phillies for minor-league catcher Austin Bossart.

Rather than trade either of those big arms, the Mets could have a sterling rotation of Jacob deGrom, Stroman, Syndergaard, Wheeler and Steven Matz.

If the Mets are trying to position themselves for 2020 and beyond, dealing Syndergaard or Wheeler becomes more likely.

Here's the thing: The Mets might have just stumbled upon the first piece of their contending puzzle.

If the Mets extend Wheeler through the 2020 season, at least, the rotation will be at a post-season level. There's no denying that.

It would allow Van Wagenen and the Wilpons to go out and accrue upgrades on the free-agent market this winter.

Expect starting third baseman Todd Frazier to walk in free agency, opening the door for the Mets

to go after the likes of Anthony Rendon or Mike Moustakas.

Both of those bats, who are still in their respective primes, provide big-time boosts to the Mets' offense. Rendon is having a career year at 29 with a .317 batting average and 22 home runs while Moustakas has kept his power numbers surging with 26 home runs in 98 games.

Backing up the hot corner would be JD Davis, who is emerging into a valuable bat since being acquired from the Houston Astros. In 88 games this season, he is slashing .301/.365/.485 with 10 home runs.

In a perfect world, the Mets would be able

to find a way to move on from Robinson Cano, allowing Jeff McNeil to start at his natural position at second base.

Assuming Yoenis Cespedes returns to health and form next year, a big bopper to pair with Pete Alonso would take at-bats away from McNeil, who has received plenty of playing time in the outfield. It makes finding a permanent home for McNeil an imperative move for Mets management.

Use the rest of the off-season to address the bullpen and the Mets might be on to something in the NL East next year.

But it all is going to start with this menacing-looking rotation which, for now, remains intact.

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Yankees General Manager Brian Cashman. GETTY IMAGES

Clock ticking on Yankees' starting-pitching search

The Yankees have yet to address their starting-pitching woes just days before the trade deadline.

JOE PANTORNO
joseph.pantorno@metro.us

If it wasn't already painfully obvious, the Yankees' four-game series against the Boston Red Sox further proved just how much General Manager Brian Cashman needs to go out and get a starting pitcher.

The Yankees dropped three-of-four to the Red Sox at Fenway while their starters got rocked in the process.

Masahiro Tanaka was tagged for 12 runs in 3.1 innings on Thursday, James Paxton allowed seven in four frames on Friday, and CC Sabathia gave up five in 4.1 on Saturday before Domingo German stopped the bleeding.

In those first three games of the series, the Yankees were outscored, 38-13, while extending a miserable franchise record. New York allowed at least seven runs in

seven straight games from July 21 to July 27. It was the first time that ever happened in franchise history.

Since the return from the All-Star break, the starting pitcher has been nothing short of a liability, posting a 7.89 ERA while allowing a whopping 29 home runs.

Four of the five Yankees starters have an ERA of at least 4.70 this season and with Sabathia headed to the 10-day IL, the need for a starting arm becomes greater with the trade deadline looming on Wednesday.

In typical Yankees fashion, they have been mentioned in the same breath as any big-name pitching trade candidate this summer, ranging from Madison Bumgarner to Marcus Stroman, Trevor Bauer, Mike Minor, Zack Wheeler, Noah Syndergaard and Robbie Ray.

In atypical Yankees fashion, however, they have whiffed everywhere so far.

Cashman was shockingly beaten to Stroman by Brodie Van Wagenen and the Mets on Monday, where it took two pitching prospects not

ranked in MLB's top 100 to get it done.

The Mets' acquisition of Stroman provides uncertainty regarding the futures of Syndergaard and Wheeler. The Mets could keep all their starters to build a contender around their rotation or they could deal one of those righty arms to replenish the farm system.

Mike Minor and Madison Bumgarner have the Yankees on their respective no-trade lists. It remains to be seen if it's for leverage or just a legitimate will not to go to the Bronx.

To add to their murky plans, SNY's Andy Martino reported that the Yankees are not "heavy" in their pursuit of Bauer.

That leaves Ray, who by no means is having a great year with the Arizona Diamondbacks. With a 3.91 ERA, moving to the American League is a dangerous move for the 27-year-old southpaw.

With the clock inching dangerously closer to midnight, the Yankees have to get something done shortly to ensure they have a well-rounded powerhouse ready for the playoffs.

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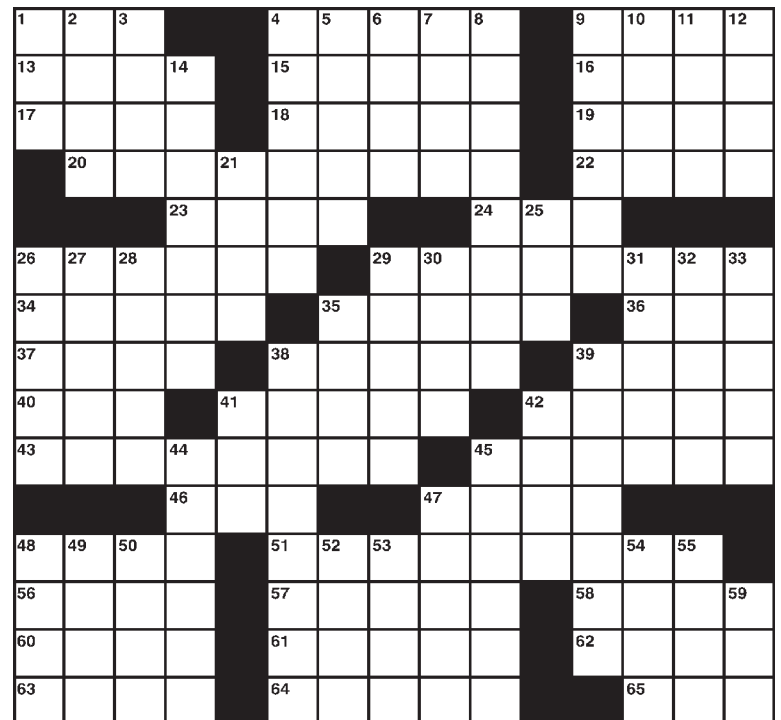
ACROSS

- 1 Educ. TV network
4 Main artery
9 In __; jokingly
13 Little children
15 Workers' group
16 Nagging pain
17 "Take a hike!"
18 Unflinching
19 Bar tab
20 Plato's famous pupil
22 Slow gait
23 Chocolate __ cookies
24 Snoop
26 Make ill
29 Plant scientist
34 __ as a peacock
35 __ out; utter impulsively
36 "Need I __ more?"
37 Skateboarder's incline
38 Devoutness
39 Polio vaccine developer
40 Suffix for origin or liquid
41 Spouses

- 42 Depart
43 Fastened with a rope
45 Jigsaw puzzle bits
46 Polish off
47 Chore
48 Opposite of "Giddyap!"
51 South American nation
56 Raise, as kids
57 24 __ gold
58 __ off; dozes
60 Martial __; judo, karate, etc.
61 Jagged
62 Stare
63 Bothersome person
64 Made clothing
65 Witch's spell

DOWN

- 1 Half-qts.
2 __ Raton, FL
3 Asterisk
4 U.S. state capital
5 " __ of Old Smokey"
6 Hilarious person
7 Labor
8 Lineage
9 Actress Smith
10 Cave sound
11 Send a parcel
12 Frenchman's head
14 Heist
21 Lean-to
25 Boone or Sajak
26 "Jack __ could eat no fat..."
27 Cross
28 Powdered cleanser
29 Lose vital fluid
30 Pitcher's delights
31 Sir __ Newton
32 Ointment
33 Trike riders
35 Fisherman's hope
38 __ of; has a share in
39 Looking for
41 "Cry __ River"
42 "Schindler's __"; Liam Neeson film
44 William Randolph or Patty
45 Breathed heavily
47 Mock
48 Envelop
49 Roll call response
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52 Seldom seen
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54 Ark builder
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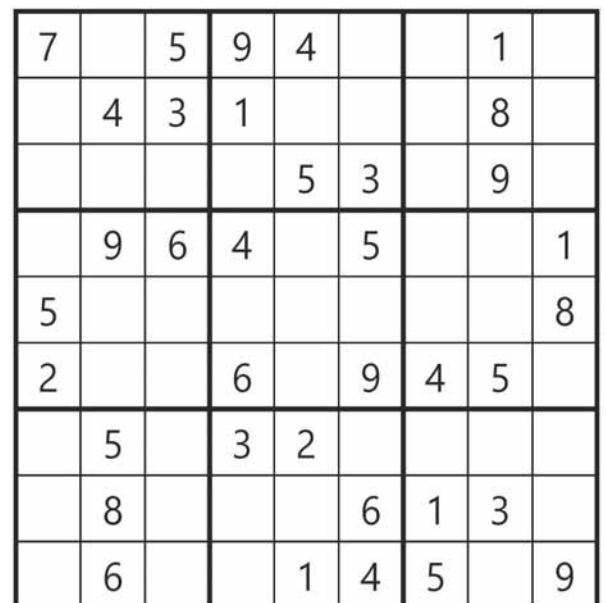
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